sulfide (H2S) to methane of at least 0.1 moles of hydrogen sulfide per mole of methane, said method comprising the steps of:

reforming a feed stream containing said sour natural gas and steam, by passing said feed stream over a metal-based catalyst ehosen to capture sulfur and form from the group of nickel-based reforming catalysts and noble metal based reforming catalysts and a metal-based catalyst to capture the sulfur by forming a metal sulfide, said metal-based catalyst ehosen selected from the group consisting essentially of NiO, Fe<sub>2</sub>O<sub>3</sub>, MnO, CuO, CoO, CdO and ZnO and mixtures thereof, and Fe<sub>2</sub>O<sub>3</sub>, MnO, CuO, CoO, CdO and ZnO and mixtures thereof supported on an inert carrier catalyst;

regenerating said metal-based catalyst by contacting said metal sulfide formed during the said reforming step with air, the switching between the reforming and the regenerating modes being adjusted so that the heat consumed in the reforming step is balanced by heat liberated in the regeneration step. wherein the amount of heat consumed in said reforming step is balanced by the heat liberated in said regenerating step.

- 2. (Cancelled).
- 3. (Currently amended) A method according to claim 1, wherein said reforming catalyst is noble metal based, the sulfur capture catalyst is chosen from the group, NiO MnO, CuO, CoO, CdO and ZnO, and wherein saidthe sour natural gas has a ratio at least 0.3 moles of hydrogen sulfide per mole of methane.

- 4. (Currently amended) A method according to claim 1, wherein a continuous stream of syngas is produced by repeatedly cycling multiple reactors between said reforming, and regenerating steps.
- 5. (Currently amended) A method according to claim 4,1, wherein said reforming eatalyst and regenerating steps use a nickel-based catalyst and and sulfur capture catalyst are the same nickel-based material, wherein the reforming and regenerations step are carried out at a temperature of at least 7500°C, wherein the pressure during the reforming step is at least 100 atmospheres, and wherein SO<sub>2</sub> is removed from the vitiated air produced in the regeneration step by passing said vitiated air through a bed of CaCO<sub>3</sub>.
- 6. (Currently amended) A method according to claim 51, wherein said regenerating step produces vitiated air containing SO<sub>2</sub>, said SO<sub>2</sub> being removed in a further step of passing said vitiated air over a fluidized said bed of CaCO<sub>3</sub> is fluidized, operated at a pressure of between 3 and 10 atmospheres, at a pressure in the range of 3 to 10 atmospheres and used to generate power via a gas turbine.
- 7. (New) A method according to claim 1, wherein the pressure during said reforming step is at least 100 atmospheres and wherein SO<sub>2</sub> is removed during said regeneration step by passing SO<sub>2</sub> through a bed of CaCO<sub>2</sub>.
- 8. (New) A method according to claim 1, wherein said metal-based catalyst is supported on an inert carrier catalyst.
- 9. (New). A method according to claim 1, wherein said metal-based catalyst is NiO and said reforming step includes a first phase wherein said NiO is reduced to Ni,

said CH<sub>4</sub> is reformed to produce hydrogen and CO, and said H<sub>2</sub>S reacts with NiO to produce NiS and hydrogenH<sub>2</sub>O.

- 10. (New). A method according to claim 1, wherein said metal-based catalyst is NiO and said reforming step includes a second phase wherein substantially all of the NiO is reduced to Ni and the composition of the output gas from said reforming step changes from CO<sub>2</sub> and H<sub>2</sub>O to an equilibrium mixture of hydrogen, H<sub>2</sub>O, CO, CO<sub>2</sub> and CH<sub>4</sub>.
- 11. (New). A method according to claim 1, wherein said metal-based catalyst is NiO and said regenerating step includes a first phase wherein said air reacts with the Ni formed during said reforming step to form NiO.
- 12. (New). A method according to claim 1, wherein said metal-based catalyst is NiO and said regenerating step includes a second phase wherein said air reacts with NiS to form SO<sub>2</sub> and NiO.